

**Testimony of Brenda Kingsley  
Before the Appropriations Committee of the  
Connecticut General Assembly  
March 6, 2015**

I am writing to give my opinion on why the Eastern Regional Mental Health Board (ERMHB) is important. CAC meetings get people with mental health issues together so they have a voice, a chance to speak up for themselves and ways to learn how to advocate for their needs. Also CAC gives us an opportunity to learn about programs and how to use our voice to challenge budget cuts. Also, the ERMHB organized a candidate forum so we could make informed decisions about voting. We are kept informed about impending budget cuts, DSS changes, SSI cuts and program changes through the CAC meetings. These programs are important for maintaining our quality of life, so we need to be educated about it. I hope you will reconsider cutting the budget that funds the Regional Boards. Thank you.

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